

# VEGETABLE PAELLA

SERVES 6

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*2 Tablespoons unrefined, cold pressed, extra virgin olive oil*  
*1 onion, chopped*  
*¼ cup drained sliced jarred pimientos, chopped (one 4-ounce jar) or equivalent amount of roasted red pepper, diced*  
*1 large tomato, peeled and chopped or ½ an 18-ounce jar of diced tomatoes, drained*  
*4 cloves garlic, minced*  
*1 ¼ teaspoons sea salt (or more if your stock is unsalted)*  
*1 ½ teaspoons smoked paprika*  
*¼ teaspoon turmeric*  
*1 teaspoon paprika or sweet pimenton*  
*1 ½ cups rice, preferably medium grain such as bomba or arborio*  
*3 cups chicken or vegetable stock, preferably homemade*  
*½ cup chopped flat-leaf parsley*  
*½ pound asparagus, tough ends snapped off and discarded, spears cut into 2-inch pieces*  
*1 cup frozen peas*  
*6 ounces artichoke hearts, either frozen and thawed or jarred and drained\**  
*optional: serve with lemon wedges on the side*

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1. In a large skillet pan (between 12-14 inches,) heat the oil over medium-low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the pimientos, tomato and garlic and cook, stirring occasionally for 2 minutes.
  2. Stir in the salt, both paprikas, turmeric, and rice. Add the chicken stock and parsley and bring to a boil. Continue cooking over moderate heat, stirring occasionally, until most of the liquid has been absorbed by the rice, about 7 minutes.
  3. Stir in the asparagus, peas, and artichokes. Reduce the heat and simmer, **covered**, for 15 minutes. Remove from the heat and let stand, covered for 10 minutes before serving. Serve with lemon wedges, if desired.

\*to give the artichokes some extra flavor, pat them dry and sauté them in olive oil and season with salt and pepper.

Notes: you can also add mushrooms to the paella to add a meatiness. Sauté with onion in Step1.